

**THE NEED FOR SUITABLE PROGRAMS ON THE
QUALITY OF LIFE FOR THE ELDERLY IN THE CONTEXT
OF THE INCREASE IN THE AGEING POPULATION IN
MALAYSIA**

**A thesis submitted to the Graduate School in partial
fulfillment of the requirements for the degree of
Masters in Science (Management)**

By

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ABSTRACT

Aging is not simply a later life. Aging is a life-long event from the time of birth to infancy, childhood and adolescence to adulthood and onward towards maturity. It is a gradual process of change over the course of time. The population as a whole is aging and this can be seen from the increase in the percentage in the proportion of the elderly in the total world population.

The aim of this study was to establish whether there was such a quality in the activities of daily living of the elderly and to suggest suitable and appropriate programs for the elderly.

The study was conducted within an institution in Malacca and the sample size was 100 respondents. The study has indicated that there are many issues surrounding the elderly and this needs special programs.

ABSTRAK

Penuaan bukan nya satu penghidupan yang akhir. Penuaan adalah satu peristiwa sepanjang hayat sasaorang dari kelahiran ke zaman bayi, zaman kanak-kanak, remaja menjadi dewasa dan seterusnya kematangan. Ini adalah satu proses perubahan yang terjadi beransur ansur mengikuti masa.

Penduduk keseluruhan nya mengalami penuaan dan ini ternyata daripada peningkatan peratusan orang orang tua dalam dunia ini.

Tujuan kajian ini adalah untuk menentukan bahawa aktiviti seharian orang orang tua mempunyai kualiti dan seterusnya membuat saranan program program yang sesuai bagi mereka.

Kajian ini dilaksanakan di dalam sabuah institusi di negeri Melaka dengan saiz sampel seramai 100 orang sebagai responden.

Kajian ini telah berjaya menunjukkan bahawa adanya banyak isu yang mengelilingi warga tua dan ia nya memerlukan program yang sesuai dan khusus untuk mereka.

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CHAPTER ONE

INTRODUCTION

During the past several decades many countries in the world had experienced rapid population aging. This can be seen by the significant increase in the percentage as well as the proportion of the elderly in the total world population (Chen and Gavin, 1989). The World Bank's (1994) statistics shows that by the year 2000 the world population of elderly will have grown to 600 million. It also shows that approximately 60% of those aged 60 years and above will be living in the developing countries. This is because, although the trend towards aging is the characteristics of both the developed and the developing countries, the relative rate of increase is greater in the later (WHO, 1989). In the past the issue of aging was only focused mainly among the developed countries, but today, it has become a concern of Asean countries. In the Asean countries, any person of age 60 has been defined as an elderly citizen (Diagram 1 and Diagram 2).

In Malaysia presently the elderly citizen is about 4.5% of its total population while other Asean countries had its elderly citizen slightly higher of which Singapore was 10%, Thailand 7.6%, and Vietnam of 7.3%. It was estimated that by the year 2020 that Malaysia will have its elderly citizens of aged 60 increased to 9.5% and age 65 to 7.3%. Current statistics shows that the Malaysian population who are aged 60 and 65 years are estimated to be 2 million.

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